

Meditate Detroit  
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For more information on Mindfulness –

*All places and people listed below have websites with suggested meditations, videos and books to explore.*

-Mindful Schools – Resource and curriculum for teachers, counselors, social workers  
<https://www.mindfulschools.org/>

-Jon Kabat-Zinn - “Mindfulness Based Stress Reduction” MBSR  
-Kristen Race – The Mindful Life  
-Tara Brach – Radical Acceptance  
-Jack Kornfield – Heart Wise, Mindfulness  
-Dr. Kristin Neff – Mindful Self Compassion <https://self-compassion.org/category/exercises/#guided-meditations>

-Sharon Salzberg – Loving Kindness  
-Dr. Joe Dispenza – Neuroscience research –placebo effects  
-Dracher Keltner PH.D. – Greater Good Science Center/magazine  
<https://www.greatergood.berkeley.edu/>  
- Oren Jay Sofer – Nonviolent Communication  
-David Treleaven – Trauma-Sensitive Mindfulness

\*Beaumont Hospital is now offering online mindfulness courses. Beaumont Center for Mindfulness  
<https://www.beaumont.org/services/center-for-mindfulness>

Books-

“Buddha’s Brain”- Happiness, Love and Wisdom by Rick Hanson Ph.D  
“Awakening Joy for Kids” by James Baraz and Michele Lilyanna  
“Mindfulness for Teachers” by Trish Jennings  
“Growing up Mindful” by Christopher Willards  
“Greater Good Magazine”  
“You are the Placebo” by Dr. Joe Dispenza  
“No Mud No Lotus” by Thich Nhat Hanh

Recommended Meditation Apps-

\*Insight Timer – 70,000 meditations to choose from. It is FREE! This one is my personal favorite. Suggested topics to search or try on insight timer - Mindful breathing, body scan, affectionate breathing, loving kindness, self compassion, anxiety, fear, stress, sleep, beginner.

\*Insight Timer also has classes, podcasts, and talks about meditation. It may cost you \$5 per month to access this.

HeadSpace – Headspace Kids

Stop, Breathe & Think Kids

Ten Percent Happier

Calm

Simple Habit

Unplug

Buddhify

This is a short video on the science behind mindfulness

<https://www.youtube.com/watch?v=VTA0j8FfCvs&t=11s>